

MAYOR OF LONDON

**Health services for
London's women**

LONDON  **N**

A directory of voluntary and
community sector health services
for women in London

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Greater London Authority

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This directory and London women's health

This directory of voluntary and community sector health services for women in London is based on an audit of voluntary sector services in the capital specifically focussed on the health needs of women. The Mayor of London commissioned Women's Health, a national women's voluntary organisation with a key focus in London, to do the work. The audit of health services for women in 33 London boroughs was carried out during early-mid 2001.

The Greater London Authority (GLA) acknowledges the significance to women of health and proper health services. The Mayor and the GLA have a duty to promote the health of Londoners and to take into account the effect of its policies on the health of Londoners. The GLA needs to work in partnership with others to secure improvements in the health of Londoners and to reduce health inequalities in London.

This directory represents a celebration of the strengths of the voluntary and community sector's response to women's health needs. In many cases the sector's organisations are more effective than statutory agencies in reaching communities in need of health services. And often the groups are unfunded or only receiving small grants, dependent on small donations or looking for funds.

The research conclusions highlighted the importance of holistic, preventative, community based and self help responses to primary health. There are lessons and models to transfer into the statutory health services and for all people. More such services are needed.

The GLA will work to respond to the conclusion of the research: that the strengths of the sector, especially for health promotion and access to health services, could be maximised by:

- a strategic approach

- co-ordination and transfer of learning and practice
- seek to involve those agencies who are able to integrate the sector in wider health services development.

The directory will be useful to:

- individual women, needing advice, information, access to services, treatment or support from a voluntary sector source on an health related issue
- voluntary organisations and community groups, seeking to link up, network, share good practice and co-ordinate activities
- health professionals and others, who can add it to their resources for client referral and professional education.

How to use the directory

The organisations are listed because they said:

- they provide a specific health service for women
- or
- women are majority users of their health services/organisation and provided information about services relevant to women.

There are brief descriptions. The information is drawn from the questionnaire returns. We have based the entries on the descriptions/terminology of the organisations themselves. We have included information provided about any groups of women that are specifically served. For example: African, Arabic speaking, Black and minority ethnic, Chinese, homeless, lesbian, low income, Jewish, Muslim, pregnant women, refugees, sex workers. *Other groups are served.*

Organisations are listed alphabetically within their borough address/base. Out of London locations follow at the end and are usually national organisations/self help groups.

It is not a comprehensive directory of all health services for women. Statutory services in particular are not included. Other imaginative and

effective health services specifically for women run in the statutory sector.

Information about further services, organisations and statutory sector run services is available from: your council, local health authority, Patient Advisory Liaison Service, NHS Direct, council for voluntary service, local women's organisations and your library.

If possible always phone/email ahead before visiting in person. Check opening times, address and activities and access for disabled people. Try to check any websites if you can.

Each organisation entry contains information about which areas/boroughs their users can come from. These can change or be flexible so it is worth asking if you are unsure whether you can access services. And, they may be able to tell you about other suitable organisations and services.

The directory's limitations

Only organisations who returned forms as part of the research and who met the criteria for entry are listed. The information about services to produce the first edition of the directory has not been updated since the research in 2001. The nature of projects and services in this field and funding practices mean that activities are often short term. More than 3000 organisations originally received a questionnaire, resulting in over 200 returns. Inevitably there will be services listed here that no longer exist. There will be other, often new, services that do not appear.

But the directory will also appear on the GLA website (www.london.gov.uk) and can be updated there and in print. A form is included at the end of the directory to submit details of or changes to a voluntary sector health service for London women for inclusion in any further editions.

The research did not seek data about access for disabled women. This information gap is regrettably reflected in the directory and will be addressed in future editions.

This is a first step towards a comprehensive resource to improve the health of London women.

About the research

The audit built a picture of voluntary organisations and groups providing specific health services for women in London.

Services targeted at women fall into these broad categories:

- general health
- mental health
- specific health areas.

The research found that 40 per cent of these organisations/projects served women and men (and children). 26 per cent were organisations/projects for women (eg women's centres). A further 26 per cent had a primary focus on women's health. Fewer health services were available in the outer London boroughs. Mental health and general health were the two most common health areas covered. Services for Black and minority ethnic women were the majority of targeted health services, but often small in scale with little funding and few or no paid staff.

A majority of the organisations provided many other services than health, which was not their core/main activity. This was particularly true of organisations providing services to Black and minority ethnic users.

Ninety-nine per cent of the voluntary sector provision was direct health services rather than campaigning or 'second tier' health related services.

Some of the positive conclusions and recommendations from the research are highlighted above. It also concluded that a major weakness was a lack of resources and funding. Provision is currently patchy and inconsistent.

Barking and Dagenham

Caress

PO Box 551
177 Valence Wold Road
Dagenham
RM8 3BZ
tel **020 8220 0112**
fax **020 8220 0112**
email **caress@poboxes.com**
website **www.poboxes.com/caress**



Care and support for those women and men living with or affected by HIV/AIDS. Support groups, complementary therapies, helplines, advocacy, hospital visits/transport, buddying, training, workshops. Barking and Dagenham, Havering and surrounding areas.

- HIV/AIDS, sexual health.
- Support group for African women.

Barnet

Jewish Women's Aid

PO Box 2670
Barnet
N12 9ZE
tel **020 8445 8060**
fax **020 8445 0305**
email **jwa@dircon.co.uk**



Women's refuge and helpline with drop in service for women experiencing domestic abuse. North East and North West London.

- Mental health.
- Counselling from professional volunteers and holistic therapies.

Bexley Centre for the Unemployed

Trinity Place Broadway

Bexleyheath

DA6 7AY

tel **020 8301 3187**

fax **020 8301 527**



Welfare and benefits advice, drop in with low cost food, counselling, courses for women and men. Health information, advice and counselling. Bexley.



General health.



Weekly women only day with free crèche. Group counselling for those who have experienced domestic violence. Bexley, but all women welcome.

Bexley Moorings Project

20 Crook Log

Bexley

DA6 8PB

tel **020 8304 6524**

email **bexleymoorings@lineone.net**



Befriending project. Young women and men. Bexley.



Sexual health, eating disorders and healthy eating.



Weekly young women's group for ages 11-17. Service for young women/girls to enable and empower them.

Parkley Women's Group

1 Maran Way

Thamesmead

Erith

Kent

DA18 4BP

tel **020 8310 6570**

fax **020 8312 4277**



Chinese cultural group for Chinese/Vietnamese woman and children with advice, health talks and information and ESOL. Emotional support to members. Greenwich and Bexley.



Mental health, emotional well being.

Brent

Asian Women's Resource Centre

108 Craven Park

London NW10 8QE

tel **020 8961 6594**

fax **020 8838 1823**

email **awrc@dial.pipex.com**



Front line service for Asian and other women sufferers of domestic violence with activities (exercise classes, cooking, ESOL, health focus group), advice and counselling. A Londonwide service based in Brent.



Sexual health and other, specific health issues eg diabetes, chronic heart disease and healthy eating.

Black Women's Mental Health Project

The Design Works

Park Parade

London NW10 4HT

tel **020 8214 1585**

fax **020 8214 1585**

email **bwmhp@demon.co.uk**



Drop in sessions, home visits, hospital visits and newsletters for mental health service users/survivors and Black women, organized by user/survivor group.



Mental health, domestic violence, sexual abuse.

Brent Asian People with Disabilities Alliance

Central Middlesex Hospital

Acton Lane

Park Royal

London NW10 7NS

tel **020 8961 6773**

fax **020 8961 6773**

email **apdmcha@aol.com**



Respite care, information, alternative therapies, volunteering project (adult and youth) for learning difficulties & befriending service for Asian men and women. Brent, Harrow, Ealing, Barnet, Camden, Hounslow and Lambeth.



Stroke, arthritis, heart, diabetes, HIV, healthy eating, breast screening awareness.



Talks and demonstrations on various women's health issues in minority ethnic languages.

Brent Community Alcohol Service

(Arlington Care Association)

25 Station Road

London NW10 4UP

tel **020 8961 7510**

fax **020 8453 1746**

email **mary.brennan-aca@novas.org**



Alcohol services, outreach, home visits and community work. Dual diagnosis team (mental health and alcohol). Detox. Individual and group therapy support for women and men with some specific ethnic minority work, in Brent.



Alcohol related - physical, psychological and social.



Women's group and women assessors.

Iskawaran Somali Mental Health Project

Unit 51

The Design Works

Park Parade

London NW10 4HT

tel **020 8838 6163**

email **moge@hotmail.com**



Mental health project for Somali community offering welfare advice, referral, counselling for Brent, Harrow, Ealing and Hillingdon.

- Mental health, female genital mutilation, general health
- Offer support to women and single mothers.

Somali Welfare Association (Brent)

81 Clark Court Station

Stilton Crescent

London NW10 8DJ

tel **020 8961 4654**



Advice, information and health awareness days for Somali people from, for example, Brent, Barnet, Harrow, Westminster, Ealing.

- Diabetes, HIV, Sexually Transmitted Infections (STI), blood pressure and heart problems.
- Focus on topics helpful to women of all ages.

Uganda Youth Support Group

11 Lonsdale Road

Queens Park

London NW6 6RA

tel **020 7328 1781**

fax **020 7328 1527**



Home support for African families and children affected by HIV. Peer education. IT programme for young Africans. Brent, Harrow and

Kensington and Chelsea.

- Cervical and breast screening, contraception, HIV testing.
- Health promotion work with women.

Women's Health Network

c/o Brent CHC

22 Willesden High Road

London NW10 2QD

tel **020 8451 4697**

fax **020 8451 4533**



Information and support network and campaigning role on health issues for women. Monthly meeting with speakers and for social support and provision of information. Brent.

- All health issues.

Bromley

Bromley Mind

Beckenham Centre

20B Hayne Road

Bromley

BR3 7HY

tel **020 8650 9540**

fax **020 8650 8372**



Drop in mental health service open seven days a week for social activities, advice, counselling and café for women and men.

Residential care. Bromley. National.

- Mental health.
- Weekly women's discussion group.

Menopausal Support Group

30 Elmers End Road

London SE20 7JN

tel **020 8778 4697**

fax **020 8778 4697**

email **joy.hall@lineone.net**



Phone line for information and support for all women with concerns about menopause. Workshops for voluntary organisations and small groups. Newsletter. Croydon, Bromley, Lewisham, Southwark and cross borders.



Menopause – physical, emotional, social and medical issues.

Camden

Bengali Women's Health Project

42 Phoenix Road

London NW1 1TA

tel **020 7388 1231**



Health sessions and weekly doctor session for Bangladeshi women from Camden.



Healthy eating, breast and cervical smear awareness, cardio vascular disease prevention.

Black Women's Rape Action Project

PO Box 287

London NW6 5QU

or

230a Kentish Town Road

London NW5 2AB

tel **020 8961 6773**

fax **020 7209 4761**

email **bwrap@dircon.co.uk**

website **www.bwrap.dircon.co.uk**



Counselling, help, and support services to black women, other women and girls of colour including immigrant, refugee and asylum

seekers who have been raped or sexually assaulted. Campaigning. Londonwide.

- Mental health, sexual violence and general health.
- Services around mental health and sexual violence. Health care referral.

Body & Soul

60 Great Ormond Street
London WC1N 3HR

tel **020 7833 4828**

fax **020 7833 4898**

email **info@bodyandsoul.demon.co.uk**

website **www.bodyandsoul.demon.co.uk**



Peer support groups, one to one treatment, advice and information, complementary therapies, discussion groups for all women, young people, children and heterosexual men living with or closely affected by HIV/AIDS. Londonwide. National.

- HIV – treatments, services and rights, sexual health. Pregnancy, childhood illnesses, nutrition and diet, women's health. Also cardiovascular disease, diabetes, cancer, toxoplasmosis. Mental health.
- Regular women's support evening.

Brandon Centre for Counselling and Psychotherapy

26 Prince of Wales Road
London NW5 3LG

tel **020 7267 4792**

fax **020 7267 5212**

email **reception@brandon-centre.org.uk**

website **www.brandon-centre.org.uk**



Contraceptive advice, counselling and psychotherapy for 12-25 year olds. Londonwide.

- Contraception and family planning. Mental Health.
- Family planning/contraceptive clinic for young women aged 21 and under. Also emergency contraception, pregnancy tests, termination referral, cervical smears.

Breakthrough Breast Cancer

6th Floor Kingsway House

103 Kingsway

London WC2B 6QX

tel **020 7405 5111**

fax **020 7831 3873**

email **info@breakthrough.org.uk**

website **www.breakthrough.org.uk**



Fighting breast cancer through research and awareness. Campaigning for policies supporting research and promoting education of public, policy makers, health professionals and media. Groups run in Wanstead, Harrow, Wembley and Greenwich.

- Breast cancer.

Brook London (HQ)

Studio 412

Highgate Studios

53-79 Highgate Road

London NW5 1TL

contact line **0800 0185 023**

tel **020 7284 6040**

fax **020 7284 6050**

email **information@brookcentres.org.uk**

website **www.brook.org.uk**



Sexual health service to young women and men under 25 in 13 centres throughout London. Call HQ. National.

- Reproductive and sexual health.

- Birth control, condoms, emergency contraception, cervical smears, counselling, pregnancy testing, NHS abortion referrals, advice on sexual health.

Camden Cypriot Women's Organisation

94 Camden Road
London NW1 9EA
tel **020 7267 7194**



- Advice, welfare rights and benefits and general advocacy. for Cypriot women including older women. Camden.
- Mental health, women's health, arthritis, health concerns of elderly and disabled women.
- Drop in, on site massage and aromatherapy, needs assessment, befriending scheme, health promotion talks and events.

Camden Family Service Unit

98 St Pancras Way
London NW1 9NF
tel **020 7267 9717**
fax **020 7485 5647**
email **camdenfsu@talk21.com**



- Family services including counselling for women suffering domestic violence, domestic violence group, young carers' group, services for Bangladeshi community and refugees, advice and group work, toy library. Camden. National.
- Mental health.
- Counselling and other services (see above) for women.

Camden Women's Aid

c/o Clean Break Theatre
2 Patshull Road
London NW5

tel **020 7482 8609**

Refuge, outreach and support re domestic violence. Advice and counselling. National.



Domestic violence, mental health.



Joint work at Royal Free Hospital and University College London Hospital to provide drop in/referral domestic violence advice and support service. Domestic violence screening by health staff. Work with primary care services including GP, health visitors.

Camden Women's Health Forum

Camden Healthy Cities

c/o Voluntary Action Camden

293-299 Kentish Town Road

London NW1 2TJ

tel **020 7284 6562**email **cwhf@women-and-health.org**

Partnership and campaigning network (no direct services) for linking sectors, raising profile of and information about health concerns and services needs of women, improving services. Focus on women in middle years. Camden.



Health inequalities, cervical and breast cancer, primary care access, services and screening, community involvement.

Cancerkin

The Cancerkin Centre

Royal Free Hospital

London NW3 2QG

tel **020 7830 2323**fax **020 7830 2324**email **cancerkin@rfc.ucl.ac.uk**website **www.cancerkin.org.uk**



Information and education, individual and group emotional and psychological support, complementary therapies, lymphoedema treatment (by referral), rehabilitation. Serving women with breast cancer and their families from North Thames region and anyone who can access the centre.



Breast cancer, mental health.

Chalk Farm Oasis Women's Project

Our Lady of Hal Church

165 Arlington Road

London NW1 7EX

tel **020 7267 8705**

fax **020 7267 8705**

email **doreen@cfoasis.fsnet.co.uk**



Drop in support for women and children affected by HIV/AIDS with outreach service, holistic therapies, counselling and advocacy. Camden, Islington and Londonwide.



HIV/AIDS.

Church Army Day Centre for Homeless Women

1-5 Cosway Street

London NW1 5NR

tel **020 7262 3818 ext 235**

fax **020 7402 8752**



Day centre runs health events, health promotion and advice, supportive counselling, education and training for refugee and other women. Londonwide.



General health issues, emergency contraception, female genital circumcision.



Health development work, nurse and drug worker advice sessions, for refugee women, day centre users and sex workers.

Ethiopian Health Support Association

Priory House

Kingsgate Place

London NW6 4TA

tel **020 7419 1972**

fax **020 7419 1972**



Advice, information, referral, health promotion activities and advocacy for Ethiopian and Horn of Africa asylum seeking and refugee women and young people. Londonwide and beyond.

- General health. Female genital circumcision, breast and cervical cancer awareness. HIV/sexually transmitted infections. Mental health.
- Also linguistically/culturally appropriate counselling.

Fitzrovia Neighbourhood Association

39 Tottenham Street

London W1T 4RX

tel **020 7580 4576**

fax **020 7580 2057**



Welfare benefits advice, variety of community activities for women and men in the Fitzrovia area of central London.

- General health information and advice, mental health.
- Weekly Bengali women's session and discussion with GP, one to one consultations, group health information session.

London Hazards Centre

Hampstead Town Hall Centre

213 Haverstock Hill

London NW3 4Q

tel **020 7794 5999**

fax **020 7794 4702**

email **mail@lhc.org.uk**

website **www.lhc.org.uk**



Occupational ill health advice for men and women. Telephone advice line and caseworker.



Ill health arising from occupation.



Women's advice worker.

London Rape Crisis Centre

LRCC, PO Box 69

London WC1X 9VJ

tel **020 7916 5531**

email **rapecrisislondon@charity.ufree.com**



Advice, support, counselling by women for all women who have experienced rape/sexual violence. Informs and educates public and professionals. Helpline and counselling services currently closed due to lack of funding but offering a 'sign posting' service, referring callers to alternative sources of advice, information and support. Development worker in post.



Mental health. Impact of rape and child sexual abuse.

Rugby House Projects

Crisis Centre

8-9 Long Yard

London WC1N 3LU

tel **020 7404 1117/8**

fax **020 7242 2206**



Referrals from professionals for alcohol detox programme, education about the physical and psychological effects of alcohol, opportunities for change for women and men in London aged 18-65. Camden and other London boroughs – Islington, Haringey, Westminster, Hammersmith and Fulham, Kensington and Chelsea, Ealing.



Impact of alcohol.



Weekly women's group for women, information on women and alcohol.

Somali Advisory Bureau

37 Chapel Street

London NW1 5DP

tel **020 7724 8011**

fax **020 7724 8011**

email **somaliadvisorybureau@care4free.net**



Information, advice, training workshops, health sessions, health promotion, language support and escort to GPs and hospitals. For women and men in Westminster, Kensington and Chelsea and surrounding boroughs.

- Refugee related health issues.

- Women's health sessions.

West Hampstead Women's Centre

55 Hemstal Road

London NW6 2AB

tel **020 7328 7389**

email **whwc@mail.com**



Advice, support and information. Crisis counselling and groups for all women, targeting Asian and Somali women. Camden.

- Heart disease, diabetes, alternative health therapies, diet counselling.

Women and Health

4 Carol Street

London NW1 0HU

tel **020 7482 2786**

fax **020 7267 7545**

email **admin@women-and-health.org**

website **www.women-and-health.org**



Provide low cost complementary therapies and counselling, health classes and self help groups, well woman, talks, events and

community group demonstrations, for women in Camden, target low income.

- All issues, holistic.
- Also learning difficulties project and Somali and Bengali projects.
- Free therapies for carers and asylum seekers.

City of London

Eating Disorders Association

101 Queen Victoria Street
London EC4P 4EP

tel **020 7332 8240**

fax **020 7332 8241**

email **edalondon@freenet.co.uk**

website **www.edauk.com**



Training, advice, self-help and support groups for people with an eating disorder, their carers and friends. More than 10 groups around London. National.

Maternity Alliance (HQ)

45 Beech Street
London EC2P 2LX

tel **020 7588 8583**

fax **020 7588 8584**

email **info@maternityalliance.org.uk**

website **www.maternityalliance.org.uk**



Advice and fact sheet information on employment rights and benefits for pregnant women for pregnant women and parents of children under 1. National organisation.

- Pregnancy.

Ovacome

St Bartholomew's Hospital

West Smithfield

London EC1A 7BE

tel **07071 781 861**

email **ovacome@ovacome.org.uk**

website **www.ovacome.org.uk**



National support group for those women and relatives and health professionals interested in or affected by. Quarterly newsletter, telephone counselling, network of phone friends, fact sheets and information. UK.



Ovarian cancer.

Croydon

Barbados Overseas Women's League (BOWL)

Cornerstone House

11 Willis Road

Croydon CR0 2XX



Awareness of hypertension and diabetes, advice, cultural activities, cooking, for Black and minority ethnic women older and younger. Croydon and Londonwide members.

Croydon African Caribbean Family Organisation

40 Northwood Road

Thornton Heath

Surrey CR7 8HQ

tel **020 8771 9700**

fax **020 8771 9700**

email **cacfp@cacfo.freeseve.co.uk**



Day care centre with lunch club, activities, discussion groups, healthy living education and advice and information on a range of subjects including children's education, for African Caribbean women and families including single mothers. Croydon and beyond.



Mental health, sickle cell, diabetes, stroke, blood pressure.

Croydon Community Care Service

251-253 London Road

West Croydon

Surrey CR0 2RL

tel **020 8251 0441**

fax **020 8251 0442**



Information, advice, counselling, immigration advice, interpreting, for women and men. London south.



Mental health.



Classes and women's forum, exercise and sports, information for women including single and divorced women suffering domestic violence, and emotional and psychological problems.

South London Lupus Group

c/o 208 Northwood Road

Thornton Heath

Surrey CR7 8HT

tel **020 8771 5158**



Self help membership organisation for women and men Lupus sufferers providing telephone support, information and advice, meetings Support and welfare service. Women are 90 per cent of Lupus sufferers. South London. UK contact: tel 01798 731251.



Lupus.

Women and Mental Health Network

PO Box 1198

Croydon CR9 2JU



Journal and networking list for women who are interested in issues around mental health and women. Campaigning.



Mental health.

Bedford Centre

Bedford Road

London W13 0SP

tel **020 8567 1215**

fax **020 8579 2154**

email **bedford.centre@dial.pipex.com**



Day centre for women and men with drink related problems.
Group/individual therapy and drop in.



Alcohol related.



Weekly women's group.

National Childbirth Trust

Alexandra House

Oldham Terrace

London W3 6NH

tel **0870 444 8707**

fax **020 8992 5929**

NCT Inquiry Line **0870 444 8707**

email **enquiries@national-childbirth-trust.co.uk**

website **www.nct-online.org**



Advice and information, ante and post natal support, support in
pregnancy, birth and early parenthood. 24 branches in London.
National.



Pregnancy, birth and early parenthood.

Northolt Young Women's Project

c/o Walford School Site

Bengarth Road

Northolt UB5 5LQ

tel **020 8845 6940**

fax **020 8845 6940**

email **northolt@ywca-gb.org.uk**



Youth work project for young women 11-25, targeting young mothers/pregnant women and their children, including lunchtime drop ins and after school clubs. Ealing.

- Sexual health, emotional wellbeing, women's health (eg cancers), children's health.
- Provide ante natal and post natal groups, support groups for young women with children, developing self-esteem and confidence.

Southall Black Sisters

52 Norwood Road

Southall UB2 4DW

tel **020 8571 9595**

fax **020 8574 6781**



Support to women who have been subjected to violence and abuse. Target Black women but provide advice and information to other women. Campaigning and service organisation. Ealing (mental health work) and National.

- Mental health.
- Support, group work and counselling for women suffering depression as a result of violence and abuse within the home. New mental health project offering advice, information and casework.

Enfield

Enfield Saheli

Community House

311 Fore Street

London N9 0PZ

tel **020 8373 6218**

fax **020 8373 6219**

email **enfield_saheli@lineone.net**



- Advice, information and support on welfare benefits, immigration, legal and health issues for Asian women. Enfield and Haringey.
- Mental health, general health.
- Mental health project, young women's project which deals with health issues, weekly drop in, yoga classes, counselling sessions and outreach and in-house advice.

The HIV Service Users Liaison Project

Enfield Disability Action

Community House

311 Fore Street

London N9 0PZ

tel **020 8373 6235**

fax **020 8373 6223**

email **steph@eda.demon.co.uk**



- Advocacy for women and men living with HIV.
- HIV/AIDS.
- Majority of users are currently women.

Mind in Enfield

275 Fore Street

London N9 0PD

tel **020 8884 5000**

fax **020 8884 5006**

email **administrator@mind-in-enfield.org.uk**



- Services for women and men with mental health problems, social support, benefits advice, advocacy, housing, counselling and volunteering opportunities for work experience. Enfield. National.
- Mental health including stress and schizophrenia.
- Counselling therapy group/one-to-one for women and Asian women's drop in with Asian speaking counsellors.

Greenwich Welcare

248-266 Nightingale Vale

Woolwich Common

London SE18 4HN

tel **020 8854 3865**



Support to families under stress with young children in need. Group work, support work and individual counselling. Under fives crèche. Practical support. Greenwich.



Mental health.



Groups promoting positive mental health for mothers of primary-age children.

Harbour Trust

25 Hare Street

London SE18 6NE

tel **020 8854 1788**

fax **020 8316 2008**

email **vhall@harbourtrust.demon.co.uk**



HIV/AIDS services. Respite care, advocacy, housing, benefits, hardship funds, referral, counselling, health information and advice for women, men and children. Bexley, Greenwich and Bromley and south London.



HIV/AIDS and general health.



Women only support groups.

Metro Centre Ltd

Unit 401

49 Greenwich High Road

London SE10 8JL

tel **020 8265 3311**

fax **020 8265 1645**

email **themetro@dircon.co.uk**

website **www.themetro.dircon.co.uk**



Lesbian, gay, bisexual centre providing support and services, youth services, gay men's sexual health outreach, counselling, community events, drop in. Southeast London primarily.



Mental health.



Weekly women's drop in.

New Charlton Community Centre

217 Maryon Road

London SE7 8DB

tel **020 8854 7008**



Community and recreation centre. Greenwich and centre locality.



Mental health.



Short-term, crisis intervention counselling and long term counselling for women.

Hackney

Bais Chana Jewish Women's Centre

19 Northfield Road

London N16 5RL



Recreation and education opportunities for Jewish women. Hackney and Haringey.



Healthy living.



Health talks.

Claudia Jones Organisation

103 Stoke Newington Road

London N16 8BX

tel **020 7241 1646**

fax **020 7275 0385**

email cjouk@btclick.com



African-Caribbean Women's Organisation providing a range of support services to women and their families, including education, counselling, health promotion and elders' groups. Hackney and surrounding areas.

- General health, lupus, fibroids, hysterectomy.
- Health information, advice and counselling.

Homerton Friends Lodge

15a Homerton Row

London E9 6SR

tel **020 8985 0221**



Assistance with benefit forms, hospital appointments, housing issues, informal counselling, refreshment service, recreational activities and social support. Hackney.

- Health awareness. Mental health.
- Weekly drop in mental health service for women.

London Irish Women's Centre

59 Stoke Newington Church Street

London N16 0AR

tel **020 7249 7318**

fax **020 7923 9599**

email liwc@ukgateway.net



Advice and information on housing, welfare benefits and other issues. Irish women and women of Irish descent. Greater London.

- Mental health.
- Individual counselling and group work. Publication on Irish women and mental health.

Refugee Women's Association

Print House

18 Ashwin Street

London E8 3DL

tel **020 7923 2412**

fax **020 7923 3929**

email **rwa@refugeewomenassociation.freemove.co.uk**



Provides education, welfare advice, employment support, ESOL classes, customised training to refugee and asylum seeking women. Hackney and east London.



General health.



Provide health information and advice, GP registration, advocacy, counselling and health and social care courses.

Hammersmith and Fulham

Association for Post Natal Illness

145 Dawes Road

London SW6 7EB

tel **020 7386 0868**

fax **020 7386 8885**

email **info@apni.org**

website **www.apni.org**



National network of volunteers providing phone support, education and advice for women suffering with postnatal depression. All areas of London and National.



Mental health – post natal depression.

Bishop Creighton House Settlement

378 Lillie Road

London SW6 7PH

tel **020 7385 9689**

fax **020 7386 9149**



- Multi-purpose community centre for all. Hammersmith and Fulham.
- General health and well-being.
- Weekly older women's self help group run by settlement. Other health services for women at centre.

Breast Cancer Care

Kiln House (HQ)

210 New Kings Road

London SW6 4NZ

helpline **0800 800 6000**

tel **020 7384 2984**

fax **020 7384 3387**

email **info@breastcancercare.org.uk**

website **www.breastcancercare.org.uk**



- Free and confidential telephone helpline providing information and emotional support for anyone affected by breast cancer. Helpline, publications and fact sheets, education, telephone support groups and volunteer services. Aftercare and prosthesis fitting services. National.
- Breast cancer and breast disease.

The Bridge Project - Women's Centre for Emotional Well Being

129 Bloemfontein Road

London W12 7PA

tel **020 8749 9451**

fax **020 8749 6493**



- Emotional support, culturally sensitive counselling, advocacy, training, workshops and consultancy. For all women with mental health needs targeting Black and minority ethnic women. White City Estate and surrounds. Hammersmith and Fulham.

Ebony Sistren HA

Ravenscourt House

123 Askew Road

London W12 9AY

tel **020 8740 0220**

fax **020 8749 2203**



Support, rehouse and resettle Black and minority ethnic women fleeing from domestic violence. Home visits by health visitor. Care and support with general health. Hammersmith and Fulham.

● Mental health including depression and low self esteem.

NAZ Project London

Palingswick House

241 King Street

London W6 7HF

tel **020 8741 1879**

fax **020 8741 9609**

email **parminder@naz.org.uk**

website **www.planetkiss.org.uk**



HIV prevention, care and support, advocacy for HIV positive women and lesbian and bisexual women. Helpline, information and groups. Londonwide.

● Sexual health and mental health (sexuality)

● Support groups including for lesbian and bisexual women, one to one support, interpreting.

Shepherds Bush Families Project

58a Bulwer Street

London W12 8AP

tel **020 8749 2371**

fax **020 8746 1347**



Day services and facilities. Classes, childcare, playgroup, support group, family support, toy library for homeless families including asylum seekers. Hammersmith and Fulham and surrounding areas but 'no catchment operated'.

- Mental health – mental and physical well-being.

- Women's support group, keep fit, aromatherapy and massage groups, sewing group, information and discussion groups.

Somali Women's Support and Development Group (SWSDG)

4 Wolf House

White City Estate

London W12 7PX

tel **020 8743 3893**



Health promotion advice, interpreting/translating for hospitals, GPs etc, female genital circumcision. Somali women. White City Estate and Shepherd's Bush in Hammersmith and Fulham.

- General health, pregnancy, immunisation, mental health, disability, AIDS/HIV.

Women and Girls Network

PO Box 13095

London W14 0FE

helpline **020 7610 4345**

tel **020 7610 4678**

email **wagn@ukonline.co.uk**



Free counselling, group work and complementary therapies for women and girls (over 14) who have experienced any form of violence. Londonwide.

Haringey**Jamait Al Nissa Women's Group**

8-10 Bedford Road

Wood Green

London N22 7AU

tel **020 8889 9453**

fax **020 8881 3291**



Training and employment in fashion design for all women, targeting Muslim including older women with health services.

- General health and mental health – bereavement, domestic violence related, depression.
- Keep fit, health classes, befriending and outreach to isolated Muslim women, counselling.

Mind in Haringey

73c Stapleton Hall Road

London N4 3QF

tel **020 8340 2474**

fax **020 8340 8308**

email **admin@mih.org.uk**



Mental health organisation providing activity/day centre, employment project, advocacy, counselling, social activity for women and men. Haringey. National.

- Mental health.
- Weekly women's group – different activities and discussion eg artwork, dance therapy, craftwork, poetry, music, shiatsu.

Outzone (Girl Diva)

Jacksons Lane

269a Archway Road

London N6 5AA

tel **020 8348 1785**

fax **020 8348 7013**

email **theresa@outzone.org**

website **www.outzone.org**



Support to young lesbian and bisexual women and those questioning their sexuality, under 25. Sub-project of PACE.

Pakistan Women's Welfare Association

225 Seven Sisters Road

London N4 2DA

tel **020 7272 4030**

fax **020 7272 4887**



Drop in advice centre. Education, health, welfare rights and benefits, play scheme, supplementary school, short courses, seminars and training, translation and interpreting. Women from ethnic minority background, young and older women. Islington, Camden, Hackney and Haringey.



General health.



Seminars, short talks and discussion groups on various health issues.

Harrow

Action on Pre-Eclampsia

84-88 Pinner Road

Harrow HA1 4HZ

helpline **020 8427 4217**

tel **020 8863 3271**

fax **020 8424 0653**

email **info@appec.org.uk**

website **www.appec.org.uk**



Information and support to women suffering from or concerned about pre-eclampsia with helpline, befriending and matchmaking. Londonwide.

The Women's Centre - Harrow

99c Hindes Road

Harrow HA1 1RX

tel **020 8863 4500**

fax **020 8861 1472**

email **thewch@netscapeonline.co.uk**



General help, information, advice and support, legal, domestic violence advice and support group for women. Courses. Multi agency and planning work representing women. Harrow and surrounding areas.

- General health, mental health, sexual health, termination.
- Women only counselling service, pregnancy testing, leaflets on local health services and signposting.

Mind in Harrow

132/134 College Road

Harrow HA1 1BQ

tel **020 8426 0929**

fax **020 8861 3085**

email **mindinharrow@btinternet.com**



Women's worker runs a women's drop in with support group using drama therapy, arts and crafts. Information about accessing advocacy, counselling and benefit advice. Harrow. National.

- Mental health, issues including diet, medication.

Yakeen Counselling Service/DAWN

1 St Kilda's Road

Harrow HA1 1QD

tel **020 8407 6796**

fax **020 8427 6796**



Counselling service for Asian women. Harrow.

- Mental health.

Havering

Havering MIND

Harrow Lodge House
Hornchurch Road
Hornchurch RM11 1JU

tel **01708 457040**

fax **01708 457040**



Social support and information for women and men with mental health problems and carers. Havering. National.

- Mental health.
- Women's sessions, women's discussion group, young mothers' activity.

Women Together

c/o YMCA

Havering

tel **01708 454220**

email **barbara.maskens@lineone.net**



Weekly meeting/social outing or discussion in confidence, with crèche, for women suffering from postnatal depression, loneliness, confidence concerns. Low cost. Dagenham, Romford, Collier Row, Harold Hill, Upminster and Hornchurch.

- Mental health and physical well-being.

Hillingdon

Hillingdon Women's Centre

333 Long Lane
Hillingdon
Middlesex UB10 9JU

tel **01895 259578**

fax **01895 810994**

email **hillingdonwoman@aol.com**



Drop in for women. Support and advice with housing, benefits, domestic violence, education, training. Counselling. Hillingdon and beyond.

- General health and mental health.
- Trained volunteer counsellors deal with a range of issues including health and provide leaflets/information where appropriate.

Hounslow

The Asian Women's Counselling Service

c/o The Asian Health Agency

1 High Street

Hounslow TW3 1RH

tel **020 8570 6568**

fax **020 8570 6568**



One to one counselling and advice for all Asian women from the Indian sub-continent on any issue. Hounslow, Ealing and Berkshire.

- Mental health.

The Star Centre

63-65 Bell Road

Hounslow

Middlesex TW3 3NX

tel **020 8572 4211**

fax **020 8814 0311**



Information and support and access to meaningful activities for women and men diagnosed with mental health issues. Hounslow, Chiswick, Brentford, Feltham and Ashford.

- Mental health.
- Weekly women's group.

Swan – Hounslow Welcare

15 Bulstrode Road
Hounslow
Middlesex TW3 3AW
tel **020 8570 3594**
fax **020 8569 6931**



A project to help pregnant school girls and young mothers and working towards reducing teenage pregnancy with special programmes including work on sexual awareness, knowledge and access to family planning, self esteem. Social work, advice service and education coordinator to teenage parents 13-18.



Teenage pregnancy.



Input from health visitor and midwife. Ante and post natal groups

Women's Counselling Service

PO Box 315
Hounslow
Middlesex TW3 1QF
tel **020 8577 3226 ext 311**
fax **020 8577 3234**
email **womenscounselling@zoom.co.uk**
website **www.womenscounselling.org**



Free telephone helpline – information and support - and counselling for women and girls affected by rape, crisis, sexual abuse, domestic violence. Greater London and beyond.



Mental health.

Islington

African Swahiliphone Refugee Project

1B Waterlow Road
London N19 5NJ
tel **020 7281 1859**
fax **020 7281 9164**

email www.refugeesonline.org.uk



Advice, support, advocacy, information on immigration, benefits, education, employment, health especially HIV/AIDS. Men and women, targeting African Swahili speakers from Congo, Ruanda, Burundi, Tanzania and Kenya. Brent, Harrow, Islington and Camden.

- HIV/AIDS, mental health, drugs and alcohol related.
- Some seminars/workshops for women only and one volunteer works with women.

Akina Mama wa Afrika

334-336 Goswell Road

London EC1V 7LQ

tel **020 7713 5166**

fax **020 7713 1959**



Development services for African women to participate in policy/decision making in UK and abroad through advocacy, information, training and networking.

- Mental health and HIV.
- Counselling/psychotherapy, advocacy and training.

Arachne Greek Cypriot Women's Group

15 Hercules Street, 1st Floor

London N7 6AT

tel **020 7263 6261**

fax **020 7263 6261**

email arachnegk@ukonline.co.uk



Employment and training, advice, playschemes, adult education classes for mainly Greek/Greek Cypriot women. London.

- General health.
- Advocacy and interpreting services, health education programme in Greek for older women, volunteers befriending scheme and carers self

help group.

Barnardo's Young Women's Project

4a Chillingworth Road

London N7 8QJ

tel **020 7700 2253**

fax **020 7697 8307**

email **chris.joseph.mitchell@barnados.org.uk**

website **www.barnados.org.uk**



Young women's project (under 18) offering advice, referral, information including housing, the law and benefits and other, health related services, targeting those not using mainstream services and aiming to prevent their entering prostitution.

- Sexual health. Abuse.
- Therapeutic work one to one, sessions with beauty therapist, sexual health nurse, drop in sessions with range of activities – fitness, showers and food.

Community of Malian Refugees in the UK

92 Talbot House

Hornsey Road

London N7 7LU

tel **020 7607 0036**



Advice and advocacy on health and welfare benefits, immigration and housing with interpreting and translation. Malian and other black minority ethnic women and men. Networking. UK.

- Parenting, sickle cell awareness.
- Basic mother care training and sickle cell awareness.

Edo State Women's Association

West Library, 1st Floor

Bridgeman Road

London N1 1BD

tel **020 7700 7300**

fax **020 7607 9638**



Healthy eating/African cookery classes, outreach and domestic support including during late pregnancy and after birth. Women of Nigerian origin. London.

● Mental health including depression, emotional problems, weight issues.

Eritrean Community in the UK

266/268 Holloway Road

London N7 6NE

tel **020 7700 7995**

email **ecuk@globalnet.co.uk**



Advice and guidance on immigration, welfare rights, health, education, housing. Literacy and numeracy support. Drop in, group discussions, seminars, culturally appropriate counselling. Eritrean women and men. Londonwide and UK.

● Female genital mutilation, mental health including stress, isolation, healthy eating.

● Women's group.

Greek Cypriot Cultural Centre

Turle Road

London N4 3LS

tel **020 7263 6445**

fax **020 7263 6445**

email **heilenic@btinternet.com**

website **www.btinternet.com/~gjy/hellenic**



Education, services and cultural activities for Greek Cypriot community. Advice including legal and health advice. Talks,

information and advocacy about services.

- Women's health including gynaecological and age related. Mental health.

Imece Turkish Speaking Women's Group

2 Newington Green Road

London N1 4RX

tel **020 7354 1359**

fax **020 7226 7599**



Advice and information on welfare benefits, immigration, housing, social services and setting up support groups. Turkish and Kurdish speaking women. Mainly Islington, Hackney and Haringey, and Londonwide.

- Mental health.
- Work with refugee women in crisis, organize therapy sessions and counselling and seminars on health.

Iranian Community Centre (ICC)

266-268 Holloway Road

London N7 6NE

tel **020 7700 0341**



Centre provides legal and immigration advice and support, youth service, women's service, elderly language support, training and social activities. Iranian and Afghani and refugee women and men. Londonwide.

- Mental health, women's health issues including menopause.
- Drop in and support group for women including single mothers. Resources, referral, assessment and advice sessions with interpretation.

Islington MIND Day Centre

35 Ashley Road

London N19 3AG

tel **020 7272 6936**

fax **020 7561 0701**

email **mind@islingtonlondon7.freesevice.co.uk**



Day centre offers support and information to women and men with mental health issues. Support and counselling, welfare and benefits advice, workshops, shiatsu, special groups (including art, hearing voices, self harm), referrals. Islington and Camden. (Islington Mind tel 020 7272 6797 also has information and services). Islington. National.

- Mental health including social isolation and depression.
- Women only day. Lesbian, gay and bi-sexual day. Services as above and lunch.

Islington Women's Counselling Centre

Eastgate Building

131b St John's Way

London N19 3RQ

tel **020 7281 2673**

fax **020 7272 8530**

email **iw.cc@virgin.net**



One to one psychodynamic counselling and group work for women on low incomes or benefits who have never had counselling before and have not studied to degree level. Islington.

- Sexual and child abuse, parenting issues, domestic violence and address issues around Black/Irish violent or abusive relationships.
- Also have mothering project and group for sexually abused women.

London Friend

86 Caledonian Road

London N1 9DN

tel **020 7833 1674**

email **office@londonfriend.org.uk**

website **www.londonfriend.org.uk**



Offer support and advice for gay men, lesbians, bi-sexual and transgender people. Greater London.



Mental health.

Lambo Day Centre Women's Group

48 Despard Road

London N19 5NW

tel **020 7263 3046**

fax **020 7263 1797**

email **comfortofili@hotmail.com**



Activities and workshops address health issue eg medication effects, healthy eating, women's health. For referred women suffering from long-term mental health problems.



Mental health.

Nafsiyat

278 Seven Sisters Road

London N3 2HY

tel **020 7263 4130**

fax **020 7561 1870**

email **nafsiyat-therapy@supanet.com**



Intercultural psychodynamic psychotherapy for ethnic and cultural minorities. Camden and Islington.



Mental health – psychological and emotional issues.



Turkish women's group intercultural psychodynamic psychotherapy in Turkish.

North London Women's Group

26-38 Queensland Road

London N7 7RR

tel **020 7609 8980**

fax **020 7609 8980**



Advice, guidance and information on immigration, education, health, housing and welfare benefits with, interpreting and translation.

Women including French speaking women finding accessing services difficult. North London and beyond.

- General health awareness, breast and cervical screening, HIV prevention, Menopause.
- Guidance, referral and access to GP services and other agencies. Appointments and forms. Workshops.

Peel Institute

Peel Centre

Percy Circus

London WC1X 9EY

tel **020 7837 6082**

fax **020 7278 3855**

email **peelinstitute@easynet.co.uk,**

website **www.peelcentre.org.uk**



Community centre including a range of holistic health programmes, translation services for women and men. Islington and Camden.

- General health.
- Two women's groups. Somali women. Health advice and advocacy and health promotion. Keep fit.

Positively Women

347-349 City Road

London EC1V 1LR

helpline **020 77713 0222**

tel **020 7713 0222**

fax **020 7713 1020**

email **info@positivelywomen.org.uk**,
website **www.positivelywomen.org.uk**



Peer support for women living with HIV/AIDS, support groups, telephone helpline. Complementary therapies, personal development and one to one contact. Information services and outreach. Crèche. HIV positive women and children and children affected by HIV. National with support groups in central London.



HIV/AIDS.

Rugby House Project

(New Roots – Black and Asian Alcohol Advice Service)

480a Holloway Road

Islington

tel **020 7272 2617**

fax **020 7272 7255**

email **newroots@rugbyhouse.org.uk**



Alcohol advisory service, counselling, support, help to access services for African, Asian and Caribbean women and men. Islington, Kensington and Chelsea, Camden and Westminster.



Alcohol related – physical and psychological.



Women's Group for alcohol and health awareness, women counsellors available, support and access to detox, support for significant others – daughters, sisters.

Sierra Leone Women's Forum UK

The Crypt, St Mary Magdalene's Church

Holloway Road

London N7 8LT

tel **020 7700 0540/020 7286 5290**

fax **020 7700 0540/020 7286 5290**

website **www.refugeesonline.org.uk/slwf**

- ♀ Community organisation with drop in and information, advice and health advocacy. Offer counselling and run seminars. Developing needs assessment research. Women including older women from Sierra Leone. Londonwide.
- General health and mental health. Access.

Verity – The Polycystic Ovaries Self Help Group

52-54 Featherstone Street

London EC1Y 8RT

email **enquiries@verity-pcos.org.uk**

- ♀ Information, bi-annual newsletter and fact sheets, support group meetings, optional telephone support network. No catchment but most support group meetings held in London.
- Polycystic Ovary Syndrome.

Women's Alcohol Centre (ARP)

66a Drayton Park

London N5 1NO

tel **020 7226 4581**

fax **020 7354 8134**

- ♀ Support for women looking to challenge their alcohol use. Groups, individual work, informal advice, detox referral, residential referral and complementary therapies. Londonwide.
- Alcohol use.

Women's Health

52-54 Featherstone Street

London EC1Y 8RT

helpline **0845 125 5254**

tel **020 7251 6333**

fax **020 7250 4152**

email **info@womenshealthlondon.org.uk**,
website **www.womenshealthlondon.org.uk**



Advice and information on gynaecological issues. Helpline (answered by women), factsheets and publications, library (women welcome by appointment) and self help telephone support network for women. London and UK.

- Gynaecological and sexual health including heavy bleeding, fibroids, hysterectomy, menopause and HRT, pelvic inflammatory disease and ovarian problems.

Kensington and Chelsea

Al Hasaniya Moroccan Women's Centre

Bays 4-5, Trellick Tower

Golbourne Road

London W10 5PA

tel **020 8969 2292**

fax **020 8964 8843**

email **alhasaniya@escape.artist.com**



Health and welfare advocate at Women's Centre offering advice, referral and one to one support to Arabic speaking women 20 and over.

- General health.
- Weekly health and welfare sessions.

Alcohol Resource Centre

314 Ladbroke Grove

London W10 5NQ

tel **020 8960 5505**

fax **020 8960 0052**



Alcohol advice and counselling service offering information, support, access to detox and other services, dry support group, for women and

men affected by alcohol. Kensington and Chelsea and Westminster.

- Alcohol related.
- Women only session.

Basement Project

4 Hogarth Road

London SW5 0PT

tel **020 7373 2335**

fax **020 7259 2085**

email **thebasementproject@yahoo.co.uk**



Advice, information and counselling for young women and men up to 30, with needle exchange, hepatitis clinic. Earls Court.

- Well woman clinic, weekly women only drop in.

CARA

95 Sirdar Road

London W11 4EQ

tel **020 7792 8299**

fax **020 7792 8004**

email **mail@caratrust.freeseve.co.uk**



Social and pastoral care of all people living with HIV – HIV positive people, carers and dependants. Support groups, home and hospital visiting, advice and information, respite complementary therapies, culturally sensitive spiritual support. Londonwide.

- HIV.
- Women's day with support group. Culturally sensitive services for women from African communities (including language).

Centre for Filipinos

St Francis Centre

Pottery Lane

London W11 4NQ

tel **020 7221 6601**
fax **020 7221 0356**
email **cf@clara.net**



Centre for Filipino people with advice, information, advocacy and referral services. Outreach. Development and training. Health open days, complementary health therapies and volunteers.



Health promotion and information.

Earls Court Homeless Families Project

17 Bramham Gardens
London SW5 0JJ

tel **020 7373 2214**

fax **020 7373 2279**

email **ec@echfp.fsnet.co.uk**



Family centre, playgroup, advice on housing and benefits. Weekly family health advice session by health visitor and workshops on child development. Services to homeless families including homeless women. Earls Court and surrounding areas.



Child development and family health issues.

Havengrove

12 Chesterton Road
London W10 5LX

tel **020 8968 0943**

fax **020 8968 2948**

email **services@havengrove.freesevice.co.uk**

website **www.havengrove.freesevice.co.uk**



Temporary accommodation - mother and baby hostel. For pregnant women and new mothers.



Pregnancy and post natal related including nutrition, child care, emergency first aid for babies. Sexual health

- Monthly health sessions. Attended by volunteer homeopath and social worker. Ladbroke Grove.

Somali Welfare Association

383 Ladbroke Grove

London W10 5AA

tel **020 8968 1195**

fax **020 8968 1194**



Advice and information on immigration benefits, health, housing, education and employment. Projects for family support, youth, women and elders. Classes and social activities. Interpreting and translation. For Somali community. Kensington and Chelsea, Westminster, Hammersmith and Fulham.

- General health.
- Monthly women's health session to help access to services. Registration with GPs and dentists and opticians. Training and awareness on breast cancer, family planning, sexual transmitted diseases, female genital mutilation, cervical screening. Escort and interpreting for appointments.

Sudanese Mothers for Peace

c/o Collingham Road

London SW5 0LX

tel **020 7370 2097**

fax **020 7370 2097**



Run Migrant and Refugee Women's Health and Care project for all Arabic speaking women.

- General health, especially for women and children.
- Health awareness sessions with speakers and referral.

Woman's Trust

St Luke's Crypt

Sydney Street

London SW3 6NH

tel **020 7352 7775**

fax **020 7376 4352**

email **womantrust@excite.co.uk**,

website **www.womantrust.org.uk**



Counselling, support groups and self development workshops for women affected by domestic violence. Londonwide.



Mental health.

Kingston upon Thames

Magic Roundabout

23 Richmond Road

Kingston upon Thames

KT2 5BW

fax **020 8974 5976**

email **megan.dawson@ukonline.co.uk**

website **www.magicroundabout.org**



Drop in advice and information centre on issues affecting young people. Counselling and sexual health services. Outreach and referral. For young people aged 12-20. Kingston and surrounding boroughs.



Sexual and reproductive health.



Offer emergency contraception, condoms, counselling and general advice.

Lambeth

Alcohol Recovery Project (Choices)

140-142 Stockwell Road

London SW9 9TQ

tel **020 7737 3363**

fax **020 7737 5755**



Support for Black and minority ethnic women and men with alcohol, drug and mental health related problems. One to one and group counselling, alternative therapies, drop in. South London.

- Alcohol, drugs, mental health.
- Planning women specific work.

Blackliners

Eurolink Business Centre (Unit 46)

49 Effra Road

London SW2 1B2

tel **020 7738 7468**

fax **020 7738 7945**

email **info@blackliners.org**

website **www.blackliners.org**



HIV support services for African and African-Caribbean communities. Counselling, drop in services, peer support network, education sessions, advocacy, food services, children and family social work department. Centres/activities around London.

- HIV/AIDS, Sexually Transmitted Infections.
- Have Sexual Health Outreach worker – Black women.

Fanon Women's Day Centre

33 Effra Road

London SW2 1BZ

tel **020 7737 2886**

fax **020 7737 1861**



Advocacy, outreach, informal one to one counselling and befrienders to African and Caribbean women aged 18-60 who suffer from mental health problems.

- Mental health, women's health, medication, hygiene.

Mainliners

38-40 Kennington Park Road

London SE11 4RS

tel **020 7582 5434**

fax **020 7582 6999**

email **linersmain@aol.com**



HIV and hepatitis prevention services including advice on safer sex practice, needle exchange and street/home outreach for women (working women) and men commercial sex workers. Lambeth, Lewisham, Southwark and Croydon



Sexual health.



Sexual health education and promotion, outreach to women's flats, weekly women's clinic open to all working women.

Mainliners – The Smart Project

9b Mitcham Lane

London SW16 6LG

tel **020 8677 9541**



Satellite genito-urinary medicine (GUM) clinic session and outreach session for working women (sex workers) and drug using women. Information, advice, emotional support, condoms, harm minimization for drug using women. Lambeth, Lewisham, Southwark and Croydon



Sexual health, addictions and related issues.

The Refugee Council – One Stop Service

240-250 Ferndale Road

London SW9 8BB

tel **020 7346 6799**

fax **020 7346 6778**



Support and access to a range of services and advice and information line including health services for asylum seekers and refugees.

- Referral and registration with GPs, interpreting. Groups. Londonwide
- Mental health including isolation and depression. General health. Women's health.
- Weekly women's support group.

Lewisham

170 Community Project

170 New Cross Road

London SE14 5AA

tel **020 7732 9716**

fax **020 7635 5769**

email **170@deptfordnet.org.uk**



Offer welfare rights and free legal advice, domestic violence advice, advocacy, counselling and support groups, some peer led. Training and community development. Lewisham.

- Domestic violence related, issues for lesbians and lesbian mothers.
- Domestic violence support group. Lesbian and lesbian mothers support group. Peer lead support group.

Family Health ISIS

183-185 Rushey Green

London SE6 4BD

tel **020 8695 1955**

fax **020 8695 5600**

email **fh.isis@freeuk.com**



Mental health service for African and African-Caribbean people. Advocacy and support, counselling, group activities, advice and information, training and awareness. Lewisham.

- Mental health.
- Weekly women's group, discussion covers health related issues. Group organizes events and conferences.

Lewisham Community Development Partnership

23 Morden Hill

London SE13 7NN

tel **020 8694 3600**

fax **020 8694 3665**

email **health@lcdp.demon.co.uk**

website **www.lcdp.co.uk**



All health related issues and empowerment of patients, library, self help, many targeted at women's health. Also work with GP practices about patient need. Lewisham and surrounding boroughs.

- General health. Women's health.
- Women over 50 swimming/aerobics.

Orexis

192 Evelyn Street

London SE8 5DB

tel **020 8691 1233**

email **orexis@onetel.net.uk**

website **www.orexis.co.uk**



Community detox, counselling, crisis intervention, groups, social activities, complementary therapy (ear acupuncture, massage, homeopathy), ESOL. For women and men with addiction and their families including children with support needs relating to addiction. Targeted services for Vietnamese, Chinese, Somali, African-Caribbean people. Lewisham.

- Addiction, hepatitis-C and sexual health.
- Women's counsellor.

Refuge

PO Box 8710

London SE23 2LD

tel **020 8699 3324**

fax **020 8699 5591**

- ♀ Women's refuge and support for women fleeing domestic violence. Women's psychology services. Children focused women's groups. Refuge provision in Lewisham and four other boroughs.
- Mental health.

SHIFT - Sexual health information for teenagers

308 Brownhill Road

London SE6 1AU

tel **020 8698 6675**

fax **020 8695 1552**

email **lywrrp.lewisham@virgin.net**

- ♀ Young women's resource project for teenagers in education years 9-11. Awareness raising mixed and single sex group work sessions exploring attitudes and dispelling myths, including relationships and sexuality. Lewisham
- Pregnancy, sexual health, contraception.

Merton

Bhaven 'Merton'

PO Box 552

London SW19 4XP

tel **020 8540 8819**

fax **020 8540 8819**

- ♀ Refuge and housing move on accommodation and resettlement, advice and support eg with welfare benefits and ESOL for Asian women.
- General health, birth control, children's health.
- General health information and advice. On site counselling.

Breaking Free

21-25 Marshall House
124 Middleton Road
London SM4 6RW
tel **020 8687 4134**



Supporting women survivors of sexual abuse, individual and group support, disclosure support, counselling and art psychotherapy and helpline, written responses, courtroom support and newsletter. All services London except newsletters, helpline and written correspondence.

- Mental health issues relating to childhood sexual abuse

Merton Women's Drop In

c/o Chapel Orchard,
Church Road
Mitcham CR4 4UD
tel **020 8545 4848**



Drop in for women with mental health issues. Self help group and support in a safe environment. Merton.

- Mental health, stress.

Wimbledon & Merton National Childbirth Trust (NCT)

c/o NCT
enquiry line **0870 444 8707**
website **www.nct-online.org**



Support for new parents, ante natal classes and post natal network and services. Wimbledon, Merton, Wandsworth.

- Maternity care and childbirth.

Newham

Alcohol East

Capital House

134-138 Romford Road

London E15 4LD

tel **020 8257 3068**

fax **020 8257 3066**

email **alcohol.east@virgin.net**



Counselling, group work (some gender specific), community detox, for women and men drinkers and significant others. Newham, Tower Hamlets, Redbridge. Londonwide for lesbians.



Alcohol use.



Group work for women, lesbians and women generally can see a lesbian or woman counsellor

Newham Asian Women's Project

661 Barking Road

London E13 9BX

tel **020 8472 0528**

fax **020 8503 5673**

email **alka@nawp.org**

website **www.nawp.org**



Training and refuge support for Asian women. Counselling, therapy, advice and support. East London, Newham.



Mental health, sexual health, breast awareness.

Redbridge



Punjabi Sabhiacharaik Sabha

293-297 Ley Street

Ilford



Essex IG1 4BN

tel **020 8478 4962**

-  Cultural centre with social and cultural activities e.g. luncheon club, trips, women's fair relaxation classes, complementary therapies (eg reflexology, Indian head massage, yoga), nutrition advice, talks on health topics. Provide transport. For all including women and women with mental health problems. Redbridge.
-  Mental health including depression and anxiety. Diabetes and high blood pressure.

Disabled Muslim Women's Association



Ilford Community Centre
Eton Road
Ilford
Essex IG1 2WE
tel **020 8514 0706**

-  Advocacy, information, health talks and seminars, luncheon club, outings for elderly and disabled Muslim women. Redbridge.
-  General health, diet, diabetes, stroke and blood pressure.

Richmond upon Thames

Rewa (Richmond Ethnic Women's Association)

1 Cypress Avenue
Twickenham TW2 7JY
tel **020 8287 1258**
fax **020 8755 2800**

-  Promotion of healthy living and well being for Asian women and other minority ethnic women. Regular opportunities to meet, raise issues, empower themselves and influence service providers. Richmond.
-  Menopause, diabetes, HRT.

Southwark

AINA Women's Group

Thomas Calton Education Centre

Alpha Street

London SE15 4NX

tel **020 7358 0697**

fax **020 7358 0697**



Classes, social activities, support and information, craft sessions, self defence, drop in sessions for South Asian, refugee and Muslim women. Southwark.



General health including healthy eating.



Alternative therapy workshops, information, exercise, assertiveness training.

Alcohol Recovery Project

68 Newington Causeway (HQ)

London SE1 6DF

tel **020 7403 3369**

fax **020 7357 6712**

email **info@arp-charity.demon.co.uk**

website **www.arp-charity.demon.co.uk**



Diverse services to tackle alcohol related problems for women and men. Services in Lambeth, Lewisham, Southwark, Islington, Camden, Greenwich, Bexley, Hammersmith and Fulham.



Alcohol related.



Women only group work. See also The Women's Alcohol Centre, Islington.

Bengali Women's Group

Rockingham Community Centre

Falmouth Road

London SE1 6RQ

tel **020 7403 9888**

fax **020 7403 2592**



Offer advice, information and group sessions on health related issues affecting women. Bangladeshi and other women of Asian origin.



General health.

Charterhouse in Southwark Women's Centre

40 Tabard Street

London SE1 4JU

tel **020 7403 4367**

fax **020 7525 9181**

email **ciswomen@aol.com**



Women's centre provides health and welfare advice, support, counselling service, homeopathy clinice and aromatherapy massage. Southwark.



Mental health including depression, anxiety, stress. Gynaecological. Addiction.

Newpin Ante and Post Natal Project

The Amersham Hall

Inville Road

London SE17 2HY

tel **020 7740 8990**

fax **020 7740 8994**

email **antenatal@nationalnewpin.freemove.co.uk**

website **www.newpin.org.uk**



Works with families to help break the cycle of destructive family behaviour. National Newpin is also based in Walworth. Centres around London work with mothers and children. Additionally, in Southwark a father's project, an ante/post natal project, a young mum's project and training courses. Support includes counselling,

group work and personal self development.

- Gynaecological, maternity, mental health.

Southwark Muslim Women's Association

Bellenden Old School

Bellenden Road

London SE15 4DG

tel **020 7732 8053**

fax **020 7732 3310**

email **smwa@compuserve.com**

website **www.smwa.org.uk**



Well woman clinic, workshops, seminars and on issues concerning Muslim women and their families. Complementary therapies. Women including older women in Southwark.

- General health, cervical and breast screening, menopause, incontinence, coronary heart disease, diabetes, healthy eating.

Vishvas Project

c/o Confederation of Indian Organisations UK

5 Westminster Bridge Road

London SE17 7XW

tel **020 7928 9889**

fax **020 7620 4025**

email **ciovishvas@aol.com**



Culturally sensitive mental health support and services, counselling and befriending, seminars and conferences, user/carer groups. South Asian women (Indian sub-continent). Lambeth and Southwark.

- Mental health.

Sutton

Ashiyana

c/o16 Tilehurst Road

Cheam
Surrey SM3 8PB
tel **020 8644 8592**



Self help group meeting monthly with social activities and talks on health, benefits, trading standards etc. Groups for young women and toddlers, Asian women and carers. Women including Asian women and isolated women. Translation service. Sutton, Croydon, Kingston, Wandsworth and beyond.

- Mental health, general health.
- Meetings include speakers providing information on general health, counselling and mental health. Support for Asian women with mental health problems.

The Women's Centre Sutton

3 Palmerston Road
Sutton
Surrey SM1 4QL
tel **020 8661 1991**
fax **020 8661 1991**
email **info@suttonwomen.fsnet.co.uk**



Preventative mental health work. Support for women with feelings of isolation, depression, crisis. Information, advice and referral. Helpline and confidential listening service. Library with information leaflets. Social groups. Women over 18. Sutton, Merton and also beyond.

- Mental health including depression and undiagnosed issues. Menopause.

Tower Hamlets

Bethany Project

583 Commercial Road
London E1 0HJ
tel **020 7790 6464**

fax **020 7265 8526**

email **bethany1@talk21.com**



Emotional health services for families including mothers and expectant mothers. Counselling, play therapy, parenting training (including specialist for autistic children), consultancy to schools. Tower Hamlets.

- Emotional/mental health including depression, bereavement. Autism.

Black Women's Health and Family Support

1st Floor

82 Russia Lane

London E2 9LU

tel **020 8980 3503**

fax **020 8980 6314**

email **lbwhap@dial.pipex.com**

website **www.lbwhap.dial.pipex.com**



Health education, awareness raising, advocacy, information and advice on female genital mutilation (FGM) and sexual health. Drop in, luncheon club, ESOL and interpreting. For communities practicing FGM and Black women including Somali community. Londonwide, UK.

- FGM, sexual health, HIV/AIDs, old age health.

Carers Drop in

Bethnal Green Methodist Church

Approach Road

London E2 9JP

tel **020 8983 1568**

fax **020 8980 8288**

email **debbie@bgmc.fsnet.co.uk**



Drop in centre for carers, older people including Somali women and

cared for. Café, advice and information, social and therapeutic activities. Tower Hamlets.

- Cardiovascular health.
 - Advice and information on cardio vascular health, practical sessions including swimming, stress management, massage and reflexology.
- Somali women

Chinese Mental Health Association

Oxford House
Derbyshire Street
London E2 6HG

tel **020 7613 1008**

fax **020 7613 1008**

email **admin@cmha.demon.co.uk**



Offers support and services to Chinese women, including asylum seekers and refugees, who experience mental health problems.

City and Hackney Alcohol Service

134 Kingsland Road
London E2 8DY
tel 020 7613 1313



Alcohol Counselling for women and men who are problem drinkers or their partners. Hackney and The City.

- Alcohol.
- Women's service co-ordinator.

Dame Colet House Ltd

Ben Johnson Road
London E1 3WH

tel **020 7790 9077**

fax **020 7790 9637**



One stop health shop (walk in), food co-op, gardening project, healthy eating, alternative health therapies, massage session. For women including Bangladeshi women. Tower Hamlets and London.



General health.

Docklands Women's Group

361-363 Westferry Road

Isle of Dogs

London E14 3RH

tel **020 7987 7930**

fax **020 7987 7936**

email **inp@talk21.com**



Social group for women with various activities. Also talks and advice from professionals including health matters, self-help group and counselling, diet and keep fit sessions. Isle of Dogs. E14.



General health. Fitness. Information.

East London Asian Family Counselling

183-185 Whitechapel Road

London E1 1DW

tel **020 7377 8640**



One to one counselling to Asian women (mostly Bengali speaking) and families on issues relating to marital problems, divorce, depression, adolescence, domestic violence. Tower Hamlets.



Mental health including depression and anxiety.



Jagonari Women's Centre

183-185 Whitechapel Road

London E1 1DW

tel **020 7375 0520**

fax **020 7247 0937**



-  Educational courses and social activities for women of all ages particularly from minority ethnic groups including Bangladeshi, Asian and Somali. Older women's group. Health information and advice sessions and exercise classes.
-  Healthy eating and nutrition, blood pressure, incontinence, menopause, breast screening, oral health.

La Leche League Central London

9 Princelet Street

London E1 6QH

tel **020 7247 1810**

-  Information and support from trained voluntary counsellors offered on 24 hour helplines for women who wish to breastfeed. Monthly meetings, workshops and conferences, publications and information to health professionals. Pregnant women and mothers. Many groups meet around London. UK wide network.
-  Mother and baby health and breast feeding.



Maze Mangold Project

15 Old Ford Road

Bethnal Green

tel **020 8983 4782**

fax **020 8983 4725**

-  Sexual health, drug addiction, mental health services for drug users and sex workers age 13-35. Helpline, outreach and drop in.
-  Drug related health issues.

Oxford House (Women's Project)

Derbyshire Street

London E2 6HG

tel **020 7739 9001**

fax **020 7729 0455**

website **www.oxfordhouse.org.uk**



Immigration and welfare advice, ESOL, interpreting and advocacy, health promotion, volunteer service for women. Health promotion and health services project for Somali women.



General health and health promotion.

Social Action for Health

Brady Centre

192 Hanbury Street

London E1 5HU

tel **020 7247 1414**

fax **020 7247 7447**

email **mipag@safh.org.uk**



Addressing inequalities in health through user and community involvement, community development, partnership, research, problem solving and identifying needs. For Bengali and Somali women, homeless families, women users of mental health services and maternity service users. East London and beyond.



Mental health, maternity services, continence promotion, self management of chronic illness. Health needs of particular communities.

The Globe Centre

159 Mile End Road

London E1 4AQ

tel **020 7791 2855**

fax **020 7780 9551**



Support, advice, counselling, advocacy, vocational guidance, hydrotherapy, gym, café and facilities for people infected/affected by HIV. London.

- HIV.
- Women only 'relax & restore' day quarterly.

Tower Hamlets Sickle Cell & Thalassemia Centre

(African Women's Welfare Association)

St Margaret's House

15a Old Ford Road

London E2 9PL

tel **020 8981 9603**

fax **020 8981 9603**



Raising awareness of sickle cell and thalassemia, their episodic nature and the need for universal screening. Counselling and reproductive health advice. Advice, information and education. Self management skills. Outreach to homes, hospitals and schools. African and Bangladeshi women and supporters of the initiatives. Tower Hamlets.

- Sickle cell & thalassemia and all associated, debilitating health conditions.

Wapping Women's Centre

Philchurch Place (off Pinchin Street)

London E1 1PJ

tel **020 7702 0036**

fax **020 7702 0036**



General advice, activities including ESOL, sewing and creative arts classes, mother and toddler groups, creche, for women. Wapping.

- Women's health and general health including diabetes, asthma, heart disease.
- Health promotion and information talks, massage and exercise.

Women's Health & Family Services

192-196 Hanbury Street

London E1 5HU

tel **020 7377 8725**

fax **020 7377 1064**

email **jm_grandison@whfs.com**



Enable access to health and social care for women and their families, empowering women with information and encouraging them to take up services. Health advice, information and advocacy. Support, counselling and meetings. Health promotion and education group sessions. Projects (including smoking cessation with older women). Interpreting, needs assessment, research and campaigning. For minority ethnic women (mainly Bengali, Cantonese, Somali and Vietnamese speakers of English as an additional language. Tower Hamlets and surrounding area (eg Newham and Hackney).

● General health, mental health, maternal health, post and ante natal care, smoking cessation, deafness (Bangladeshi children).

Women's Relief

92a Whitechapel Road

London E1 1JQ

tel **020 7247 7775**

fax **020 7247 7775**

email **womensrelief@hotmail.com**



Advice surgeries, information and support on health and other issues. Social activities and volunteer project. All women but specifically Muslim women and women from minority ethnic backgrounds not readily able to access mainstream services or who need a religious and culturally sensitive service. Londonwide and beyond.

● Mental health including depression. General health including diabetes, heart disease, breastfeeding.

● Seminars and workshops on health issues. Health week.

ELOP

56-60 Grove Road

London E17 5BN

tel **020 8509 3898**

fax **020 8521 4720**

email **elop@btclick.com**



Community safety services to lesbians and gay men (and women who have sex with women). Advice, information, support including groups, befriending and counselling. London particularly east London and beyond.



General health and lifestyles. Mental health and emotional and social well being.

National Childbirth Trust (Waltham Forest)

c/o NCT

enquiry line **0870 444 8707**

website **<http://www.nct-online.org/>**

email **nctwalthamforest@yahoogroups.com**



Antenatal classes breastfeeding support, post natal individual and group support, experience register, newsletter. Input Maternity Services liaison. Pregnant women and partners, women and young children/babies. Waltham Forest and UK wide organisation.



Pregnancy, birth, early parenthood.

Wandsworth

London Marriage Guidance Council - Battersea Counselling Centre

189 Battersea Park Road

London SW11 4LB

tel **020 7627 3761**

fax **020 7498 1114**

email **jmclaren@lmg.org.uk**

website www.londonmarriageguidance.org.uk

- ♀ Relationship counselling for women and men. Mainly south west London. Londonwide organisation.
- Post natal depression.
- Groups and counselling for women experiencing depression in some areas.

Family Welfare Association

1 Bedford Hill

London SW12 9ET

tel **020 7675 1765**

fax **020 8675 5462**

email fwabedfordhill@FWA-org.uk

- ♀ Mental health discussion groups, exercise, relaxation. Café and social activities. African-Caribbean outreach project. Listening and support service for women and men from all communities, with mental health problems.
- Mental health, healthy eating, learning difficulties, general health.
- JHALAK Asian women's group. Black women's drop in. SANKOFIA - Sports outreach for Black women. Weekly drop ins for all women and 16-30 year old women.

Safe Community Drugs Agency (CDA)

132 Wandsworth High Street

London SW18 4JP

tel **020 8871 4494**

fax **020 8871 4427**

- ♀ Service to drug users, their friends and families and to anyone who needs more information about drug or sexual health issues. Street outreach, drugs arrest referral service, peer education, young person's service. Alternative therapies (shiatsu and acupuncture). Training &

drug awareness sessions for the community. Catchment varies and includes Wandsworth, Merton and Sutton.

- Drugs, sexual health.
- Sexual health service for women who sell sex including free condoms and outreach.

Turning Point – Davies Alcohol Services

318-320 Queenstown Road

London SW8 4LT

tel **020 7627 1242**

fax **020 7627 0221**

email **davies@centretp.freeseve.co.uk**



Residential treatment for women and men who misuse alcohol. No catchment. National organisation.

- Alcohol awareness.
- Weekly group therapy for women.

Unified African Family (UAF)

8 Brook Close

London SW17 7BT

tel **020 8767 7426**

fax **020 8767 7426**

email **jjgold@hotmail.com**



Cultural awareness training, education, promotion of work to alleviate and relieve poverty. Forum meeting to express feelings. UK

- Mental health and well being including loneliness, stress. General health.

City of Westminster**Bayswater Family Centre**

14-18 Newton Road

London W2 5LT

tel **020 7229 8976**fax **020 7221 3782**email **lnbfc@mail.nch.org.uk**

Family support services for refugees and asylum seekers and homeless families. Bayswater, W2.



All health issues.



Help with accessing healthcare, health advice groups, ante and post natal services, mother tongue counselling, reflexology, massage and keep fit.

Chinese Community Centre

2nd Floor, 28-29 Gerrard Street

London W1D 6JP

tel **020 7439 3822**fax **020 7734 3572**

Community centre. Advice and information on social welfare, housing and health issues. Health talks and health checks. Londonwide.



General including blood pressure, diabetes, Parkinson's disease, dementia, breast cancer.






Elderly group mostly women.

CLASH

11 Warwick Street

London W1B 5NA

tel **020 7734 1794**fax **020 7287 1368,**email **clash@demon.co.uk**

-  Service for women and men sex workers, drug users and homeless. Needle exchange, condom shop. Londonwide.
-  Sexual health. Drug use.
-  Weekly sessions of women only clinic/shop. Outreach to women in flats, saunas and on street. Young women's project at NSPCC 'Breaking Free' weekly sessions for general support.

The Core Trust

Lisson Cottages




35a Lisson Grove

London NW1 6UD

tel **020 7258 3031**

fax **020 7402 1964**

email **core_trust@which.net**

-  Treatment of addiction and underlying causes of use, for women and men wanting to stop using alcohol, prescription or illegal drugs. Complementary therapies, structured day programme with group work and psychotherapy. Londonwide.
-  General health, mental health, addiction (alcohol, drugs).
-  Specific women's groups.




Egyptian Community Centre

92 Brinklow House

Torquay Street

London W2 5EW

tel **020 7289 2947**

-  Activities for Arab people. Weekly sessions. Health sessions with information and advice and exercise. Kensington and Chelsea, Westminster.
-  General health, addictions.
-  Women only health sessions.

Foundation for Women's Health, Research and Development (FORWARD)

50 Eastbourne Terrace

London W2 6LX

tel **020 7725 2606**

fax **020 7725 2796**

email **forward@dircon.co.uk**,

website **www.forward.dircon.co.uk**



Campaigning and advocacy against female genital mutilation (FGM) & other traditional practices, training and support for professionals, research, education, information and resources. Also projects in Africa. Women from FGM practising communities (eg Somalia, Eritrea, Ethiopia, Sudan), refugees and people from minority ethnic groups. Active London, UK and Africa.

- Female genital mutilation, Vesicovaginal Fistulae (VVF).
- Support African well women clinics.

Genuine Empowerment of Mothers in Society (GEMS)

284 Harrow Road

London W2 5ES

tel **020 7266 3267**

fax **020 7289 8247**

email **gemsuk2k@hotmail.com**



Workshops, conferences, practical support and referral/signposting, counselling, advice and advocacy. Visits to mental health hospitals, home visits for elderly and infirm. Women. Westminster, Brent, Kensington and Chelsea, Tower Hamlets, Newham.

- Female genital mutilation, breast cancer, mental health promotion, health promotion coronary heart disease, stroke, sickle cell.

Hope House

49 Saltram Crescent

London W9 3JS

tel **020 8969 3587**

fax **020 8964 8633**



Residential rehabilitation for women with substance abuse problems. London.



Substance abuse, hepatitis, HIV, general health.

The House of St Barnabas

1 Greek Street

Soho Square

London W1D 4NQ

tel **020 7437 1894**



Emergency residential hostel for homeless women aged 18-55.

Referral, activities including yoga, keep fit, art therapy, counselling and support. Central London.



General and mental health.

Hungerford Drug Project

32a Wardour Street

London W1D 6QR

tel **020 7437 3523**

fax **020 7287 1274**

email **info@projectlsd.org (Project LSD)**



Generic service to women and men drug users with a specialist service for women. Drop in, one to one key working, advocacy, life skills, counselling, complementary therapies. Support, advice and information and treatment including hepatitis nurse, referral to detox and rehabilitation, health advice. Londonwide.



Drug related harm including hepatitis and physical and emotional issues related to drug use, sexual health, contraception.



Monthly women's group. Project LSD is a specialist drug service for

lesbians (and gay men and bisexuals) with a range of services including weekly support group.

Lighthouse

111-117 Lancaster Road

London W11 1QT

tel **020 7792 1200**

fax **020 7229 1258**

email **enquiries@london-lighthouse.org.uk**

website **www.london-lighthouse.org.uk**



Supporting people with HIV with retraining and personal development programmes, recently diagnosed course. Clinical services. African day – African men's group and children's centre, gay men's group and other support groups. London.

- All HIV related health issues including living with HIV, coping with treatments, children and families, self esteem and self confidence, getting back to work.
- Women's therapy group, Sesame Group (heterosexual HIV+ group).

Marie Stopes International (HO)

153-157 Cleveland Street

London W1T 6QW

tel **020 7388 0662**

fax **020 7388 3409**

email **services@stopes.org.uk**

website **www.mariestopes.org.uk**



Reproductive healthcare services; contraception, male and female sterilization, termination of pregnancy, testing, emergency contraception. For women and men. Clinics in London and five other centres. (London Clinic: Marie Stopes House, 108 Whitfield Street, London W1).

- Reproductive healthcare.

Migrant Resource Centre

24 Churton Street

London SW1V 2LP

tel **020 7834 2505**

fax **020 7931 8187**

email **migrantrc@gn.apc.org**



Advice, training and education, volunteering, community development for women and men. Development work with local health authority. Londonwide.

- General health, primary health care.
- Exercise class for Muslim women, health talks and social outings.
- Munro Centre for Complementary Health Care.

The National Endometriosis Society

50 Westminster Palace Gardens

Artillery Row

London SW1P 1RL

helpline **0808 808 2227**

tel **020 7222 2781**

fax **020 7222 2786**

email **endoinfo@compuserve.com**

website **www.endo.org.uk**



Support and information for women with endometriosis and their families and friends. Free national helpline and branches nationwide. UK.

- Endometriosis.

Notre Dame Refugee Centre

5 Leicester Place

London W2C2H 7BX

tel **020 7434 1619**

fax **020 7437 3848**



Welcome and support to refugees, asylum seekers (mostly French speaking). Advice and support in accessing services and agencies including about housing. ESOL. Referral to Medical Foundation for Victims of Torture where appropriate. Londonwide.

- General health and pregnancy, mental health including isolation.
- Volunteers support women French speakers on health appointments, advice worker assists with benefit claims.

SANDS

28 Portland Place

London W1B 1LY

tel **020 7436 7940**

fax **020 7436 3715**

email **support@uk-sands.org**

website **www.uk-sands.org**



Support for bereaved parents who have had a stillborn baby. Helpline, information and publications, information about network of self help contact groups (befrienders).



Neonatal and stillbirths death.

Soho Family Centre

St James Residences

23 Brewer Street

London W1F 0RN

tel **020 7439 1578**

email **sohofc@btclick.com**



Family centre with community projects, training and classes including ESOL, sewing, parenting skills, health education talks and discussion, bengali language for children, Bengali music. Childminding project. Pre-school, play and out of school schemes. Outreach, counselling

For all including Bengali and Chinese families. Soho, Covent Garden, Westminster.

- Mental health including depression, family planning, breast and cervical cancer awareness, blood pressure, diabetes, food and nutrition, pregnancy, HIV/AIDS.
- Health education sessions for all women, especially Bengali women. Escorts for screening appointments. Chinese women's mental health group with social activities, classes and runs young families drop in.

Somali Community Information Centre

1 Chippenham Mews

London W9 2AN

tel **020 7286 9144**

fax **020 7286 5215**



Information, advice, advocacy, drop in, support and training for Somali community. Regular health promotion sessions for Somali families. Westminster and surrounding areas.

- General health, health inequalities.
- Monthly health promotion and mental health sessions for young women and older women. Topics include HIV/AIDS.

Sudanese Elmonadilla Centre

284 Harrow Road

London W2 5ES

tel **020 7266 3267**

fax **020 7289 8247**



Weekly support group meeting for young and older women, Sudanese and other Arabic speakers. Information and health promotion at group meetings. Escort to health appointments, interpreting and translation, registration with GPs. Westminster, Chelsea and Kensington, Brent.

- Mental health including isolation and depression, nutrition and

healthy eating, smoking, diabetes, hypertension.

Terrence Higgins Trust

52-54 Grays Inn Road

London WC1X 8JU

tel **020 7835 1495** Counselling Department

fax **020 7373 7935**

email **info@ttht.org.uk**

website **www.ttht.org.uk**



The trust's work includes a counselling service to people affected by HIV/AIDS and a specific service to women. London. National.



HIV/AIDS.

Westminster Drug Project

470 Harrow Road

London W9 3RU

tel **020 7266 6300**

fax **020 7266 4878**

email **enquiries@wdproj:dircon.co.uk**



Specialist physical, mental and sexual health activities and care packages for individuals for women and men, targeting vulnerable women including sex workers and homeless women. Holistic health assessment, GP liaison, one to one counselling and structured group programme. Kensington and Chelsea, Westminster.



Sexual health, general and mental health, primary health care.



Women's group.

Westminster Mental Health Advocacy Project

99 Tachbrook Street

London SW1V 2QA

tel **020 7630 6111**

fax **020 7630 6669**

email **wmhap@care4free.net**



Mental health advocacy and information for people in contact with mental health services, especially psychiatric hospital. Women and mental health issues. Brent, Kensington and Chelsea, Westminster.

- Mental health.
- Choice of woman advocate. Strategic approach to women and mental health issues.

Westminster Women's Aid

PO Box 4094

London W9 3WH

tel **020 8960 4961**

fax **020 8964 1814**

email **wwadirector@onetel.net.uk**



Women's refuge providing safe refuge for women and children fleeing domestic violence. Support, advice and information. Regular Health visitor visits in refuge.

Out of London**Association of Breastfeeding Mothers**

PO Box 207

Bridgwater TA6 7YT

helpline **020 7813 1481**email **abm@clara.net**website **<http://home.clara.net/abm/>**

Support and accurate breastfeeding information for mothers with helpline, information booklets, support groups and training. Groups in London. National.

Gynae C

1 Bolingbroke Road

Swindon

Wiltshire SN2 2LB

tel **01793 338885**fax **01793 338885**email **gynae_C@yahoo.com**website **www.communicate.co.uk/wilts/gynaec**

Emotional support for women diagnosed with or concerned about any gynaecological cancer from self help group. National helpline. Contact with women who have had a gynaecological cancer, information about groups and contacts, support for partners, partners, family, friends and carers. National.



Gynaecological cancer including ovarian, endometrium, vulvic, cervical, vaginal cancers.

Miscarriage Association

c/o Clayton Hospital

Northgate

Wakefield WF1 3JS

tel **01924 200799**

fax **01924 298834**

email **miscarriageassociation@care4free.net**

website **www.miscarriageassociation.org.uk**



Support and information to people who have experienced or are affected by miscarriage. Women, men, families and colleagues.



Miscarriage.

National Association for Premenstrual Syndrome (PMS)

7 Swifts Court

High Street Seal

Kent TW15 0EG

tel **01732 760011**

fax **01732 760011**

email **naps@charity.vfree.com**

website **www.pms.org.uk**



Help, information and support to PMS women sufferers and their partners. Promote understanding of PMS. National.



Pre-menstrual syndrome

National Osteoporosis Society

Camerton

Bath BA2 0PJ

tel **01761 471771**

fax **01761 471104**

email **info@nos.org.uk**

website **www.nos.org.uk**



Work to improve the diagnosis, treatment and prevention of osteoporosis for women and men. Information and support through network of groups, booklets, medical helpline. Nationwide and London (contact for groups).



Osteoporosis.

Premenstrual Society (PREMSOC)

PO Box 429
Addlestone
Surrey KT15 1DZ
tel **01932 872560**



Information, advice and support for women with premenstrual syndrome (PMS) or period pains. All women sufferers. National.

Women and Mental Health Infoline

Threshold
14 St George's Place
Brighton BN1 4GB
tel **0845 3000 911 (local rate)***
fax **01273 626444**
email **thrwomen@globalnet.co.uk**
website **www.thresholdwomen.org.uk**



UK infoline on women and mental health providing details of appropriate local services, factsheets and up to date information. Women trained in counselling skills run line. For women in crisis or distress, with mental health issues or inquiries, their carers or workers and anyone with an inquiry. *Welcome calls through TYPETALK. UK.



Mental health including depression, anxiety, eating distress, medication, self-injury, sexual abuse.

**Mayor of London’s directory of voluntary and community sector
health services for women in London - update form**

Please complete this form to be considered for entry in future editions of the directory, the directory web pages (www.london.gov.uk) or to provide up to date information. Send it to: **Jagdeep Mann, GLA, Romney House, Marsham Street, London SW1P 3PY**

Our service appeared in the directory published March 2002:
(delete as applicable) **yes / no / don’t know**

name of organisation

address
.....

tel fax
(include any telephone helplines for the public)

email

website

This address is in **borough**
(if London borough)

National/Part of national organisation? **yes / no**
Londonwide organisation /part of Londonwide organisation? **yes / no**
We are voluntary sector **yes / no** other (please describe)
.....

**Contact person in organisation responsible for information
submitted on this form:**

name

position

tel (if different from above)

email (if different from above)

We provide health related services targeted specifically at women in London **yes / no**

Our organisation's core/main activity is health related services **yes / no**

Our main/core activities are (please briefly describe the overall work of your organisation here even if you send a leaflet too):

Our health services for women

Who is the service for?
(all women; particular groups of women – please give details):

The health issues we cover are:

The health related services we provide are:

The geographical area we cover (any catchment area/restrictions for users of your health services and other services):

We give permission for an entry in future directories/on the GLA website to be based on this form and for information to be held in a database.

Signed:

Position in organisation:

Date:

Please send your form to the address at the top of the previous page.

GREATER**LONDON**AUTHORITY

Romney House

Marsham Street

London SW1P 3PY

www.london.gov.uk

Enquiries **020 7983 4100**

Minicom **020 7983 4458**